

## **Reference Sheet**

### Emotions

Fear	Love
Anger	Happiness
Panic	Joy
Sadness	Contentment
Loneliness	Security
Jealousy	Peace
Grief	Confidence
Rage	Excitement
Frustration	Humor
Nervousness	
Despair	

- Where does the feeling or emotion enter your body? Does it go through your eyes or your brain? Does it enter at your belly or your fingers? Does it push straight in through the pores of your skin? Your feet? Somewhere else?
- What form does it take inside your body? Is it like light beams, or a bundle of light, or little shards of glass or metal or liquid or gas or mist? Something else?
- Where does it settle in your body? Is there a specific place?
- Is it layered – complex- multidimensional or simple and one dimensional?
- Does it move and change forms? Is it mercurial?
- What does your emotion sound like?
- Does your emotion have a speed of tempo?
- How does your emotion travel? Does it float, drift, bounce, drop, shoot, seep, soar, creep?
- What is the texture of your emotion? Soft, silky, rough, brittle, prickly, smooth, metallic, other?
- What kind of fabric is your emotion? Silk, lace, velvet, canvas, gossamer, quilt, satin, denim, leather?
- What is your emotion like in lines of energy? Wispy, jagged, light, tight, cramped, open, loopy, bold, dense, thick, combinations, other?